

The Losses & Laughter We Grow Into

106 WORKSHOPS

16 INSTITUTES

KEYNOTE SPEAKER

150+ EXHIBITS

The St. Louis County Health & Human Service Conference draws together 2,500 public and private sector practitioners for two days of training and networking, providing a forum for sharing innovative ideas and programs, stretching perspectives, strengthening community Health & Human Services, and addressing common issues and concerns.

MN Board of Social Work
C.E.U.s will be available

34TH ANNUAL ST. LOUIS COUNTY HEALTH & HUMAN SERVICE CONFERENCE



Thursday-Friday

October 13-14, 2016

At the DECC

Duluth, Minnesota



www.stlouiscountymn.gov/hhsconference



CONFERENCE OVERVIEW

Thursday, October 13

7:45 – 8:30 a.m. **Registration** at DECC, then visit exhibits in South Pioneer Hall. Participants may attend any conference workshops and institutes of their choice throughout the conference.

8:30 – 10:00 a.m. **Session I Workshops**, pp 3-6

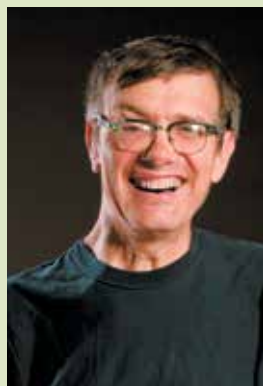
10:00 – 10:30 a.m. **Break and visit** 150+ exhibits in Pioneer Hall

10:30 – Noon DECC Symphony Hall

Welcome — Mary Bridget Lawson, Conference Chair

Musical welcome — Gaelynn Lea (see page 18)

Keynote Presentation: Kevin Kling — “The Losses and Laughter We Grow Into”



Kevin Kling will address our conference theme, **The Losses and Laughter We Grow Into**, and share his perspective about living with disability. Kevin Kling is a well-known playwright, performer and storyteller. He is known for his popular commentaries on National Public Radio’s *All Things Considered* and his storytelling at the Guthrie and regional theaters throughout the country.

Kevin was born with a congenital birth defect — his left arm is about three-quarters the size of his right arm, and his left hand has no wrist or thumb. In 2001, Kevin was in a catastrophic motorcycle accident and suffered a brachial plexus injury (BPI) which permanently paralyzed his right arm.

On *Being Peabody* Award-winning public radio producer Krista Tippett observes that, “Reading his stories from and about his childhood, it is clear that Kevin Kling was always a natural humorist. And life has also made him wise. Our losses make us human, he’s learned. They give us our richness and our wisdom. But wisdom doesn’t come cheap; it costs us. This is one of the endless things he says that makes you think hard just before or after he makes you smile.”

Noon – 1:00 p.m. **Lunch** on your own in Edmund Fitzgerald Exhibit Hall or at eateries near the DECC

1:00 – 4:30 p.m. **Session II Institutes**, pp 6-7

1:00 – 2:30 p.m. **Session II Workshops**, pp 8-10

2:30 – 3:00 p.m. **Break & visit exhibits**

3:00 – 4:30 p.m. **Session III Workshops**, pp 11-13

Both Days **Essentia Health Lung Exhibit** (see page 10) and **UDAC Art** (see page 15) in the Edmund Fitzgerald Exhibit Hall

Friday, October 14

7:45 – 8:30 a.m. **Registration & visit exhibits**

8:30 a.m. – Noon **Session I Institutes**, pp 14-15

8:30 – 10:00 a.m. **Session I Workshops**, pp 16-18


10:00 – 10:30 a.m. **Break & visit exhibits**

10:30 a.m. – Noon **Session II Workshops**, pp 19-21

Noon – 1:30 p.m. **Lunch & visit exhibits**

1:30 – 3:00 p.m. **Session III Workshops**, pp 22-25

Thursday, October 13		Session I Workshops	8:30 – 10:00 a.m.
1	Listen Up! Hearing Loss Takes a Toll on the Brain	Sara Downs, Audiologist, Co-owner, Au.D., along with Jonathan Gervais, Audiologist, Co-owner, Au.D., both with The Hearing Wellness Center	Board Room
2	Going from Grief to Laughter to Al-Anon	Caroline Pelzel, Social Worker — Retired, MSE	Chester Creek Room
3	Minnesota Transgender Aging Project: Learning About and Improving Care to Trans Older Adults in Rural and Urban Minnesota	K. Abel Knochel, PhD, MSW, LGSW, Assistant Professor, UMD; along with Dylan Flunker, MPP, Research and Policy Manager, Rainbow Health Initiative; Kathleen Gates, MA, LPC, Northland LGBT Elders Group; and a trans elder in the Arrowhead Region	French River 1
4	Minnesota Safe Harbor: No Wrong Door to Services for Sexually Exploited Youth	Paula Schaefer, MS Community Counseling, Safe Harbor Training Coordinator, Minnesota Department of Health; along with Jessica Mantor, Safe Harbor Program Manager, Life House; Nigel Perrote, Safe Harbor Regional Navigator NE MN, PAVSA	French River 2
5	Connecting People to Positive Futures	Karen St George, BS Business Management, Coach Coordinator, along with Porsha Cline, Connect Forward Coach; Katie Laplant, BA SW, Connect Forward Coach, ; Madison Ohms, BA SW, Connect Forward Coach — all from Community Action Duluth; Kate Wigren, MSW, Grants & Contracts Manager	Gooseberry Falls 1
6	Conversations: Let's Discuss the "Privilege" of Racism	Kym Young, MA, BS, AA, AAS, Community Human Rights Advocate, Superior African Heritage Community (SAHC)	Gooseberry Falls 2
7	Person-Centered Planning with a Brain Injury Focus	Janis Wack, BA, CBIST, Referral and Brain Injury Specialist, REM Minnesota	Gooseberry Falls 3
8	Everyday Narcissism: Yours, Mine and Ours	Nancy Van Dyken, LP, LICSW, MS Ed, Author, Self-Employed	Harborside 202
9	Give Peace a Chance: Dissolve Stress and Anxiety with Mindful Movement	Jean Fraser, CYT, undergraduate work Dance/Journalism University of Minnesota, MA SOHK (School Of Hard Knocks), Body Mind Guide, President, Soma Ventures Innovations In Wellness	Harborside 203
10	Stories, Reflection and Leadership	Linda Melcher, EdD, Principal Consultant, Converging Visions, LLC; along with Rachel Nelson, MA, Consultant, BardLive Productions	Harborside 204
11	A Deeper Dive into What Impacts Health	Jenny Peterson, MSW, Executive Director, Generations Health Care Initiatives; along with Sonia Kjos, PhD, Management Information Manager, Generations Health Care Initiatives; Louise Anderson, RN, PHN, MS, Director, Carlton-Cook-Lake-St. Louis County Community Health Board; Jim Gangl, MS, Public Health Analyst & Emergency Preparedness Coordinator, SLC PHHS	Harborside 205
12	This Purposeful Life: Love Yourself into Alignment	Tiffany Kari, BA, BAS, Health Promotion Coordinator, St. Louis County	Harborside 301-302
13	Dances of Healing; Stories of Hope	Regina M. Laroche, BA in Theater and Communications, Artist/Educator/Facilitator, Diaspora Arts	Harborside 303
14	The Art of Dialogue: Enhancing Your Skills to Co-Facilitate a Group Process	Melissa Scaia, MA and doctoral coursework, Executive Director, DAIP; along with Scott Miller, BA, Men's Program Coordinator and CCR Coordinator, DAIP	Harborside 304
15	Through an Advocate Lens: The Intersection of Domestic Violence and Child Abuse	Beth Olson, MSW, Executive Director; along with Ina Newton, BA, Family Advocacy Program Coordinator—both at First Witness Child Advocacy Center	Harborside 305
16	Exploring Worldviews and How to Change Them to Better Respond to Conflict	Dr. Maria Stalzer Wyant Cuzzo, PhD, JD, Professor of Legal Studies, Mediator, UW-Superior	Lake Superior Ballroom J
17	Happiness and Hygge	Laurie Anderson, MA Psychology, Instructor, College of St. Scholastica	Lake Superior Ballroom K

 *Session I Workshops continue on next page*

18	Effective Methods for Working with Diverse Students in Higher Education	Marsha Francis, PhD in Education, Director; along with Michelle Vinoski, ABD in Educational Leadership, MSE in Educational Administration, Academic Coordinator—both with the UW-Superior McNair Scholars Program	Lake Superior Ballroom L
19	Utilizing EMDR for Addiction	Corrie Ehrbright, MSW, Psychotherapist, Genesis Recovery Services	Lake Superior Ballroom MN
20	Helping Grieving People Impacted by Neurological and Cognitive Impairments	Gina Dixon, MA Licensed Psychologist, Program Manager, Essentia Health St. Mary's Grief Support Services	Lake Superior Ballroom O
21	Sex Offender Stigma: Barriers to a Good Life	Chris Wright, MS Ed, Therapist; along with Maija Swanson, LICSW, MSW—both at Duluth Institute	Split Rock 1
22	Trauma-Informed Responses Through Restorative Practice	Carrie Manty, Restorative Justice Coordinator; along with Ed Barkos, MS Ed in Social Work, Restorative Justice Social Worker — both with Carlton County Collaborative	Split Rock 2
23	Connecting Through Music Therapy	Jody Tucker, Music Therapist, BS MA in Music Therapy, Owner, Access Music Therapy, LLC	St. Louis River Room

Thursday, October 13	Session I Workshops	8:30 – 10:00 a.m.
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1 Listen Up! Hearing Loss Takes a Toll on the Brain

Board Room

It's no secret that hearing loss impacts social interaction and relationships as well as communication. But, consider the other effects of a hearing loss such as depression, anxiety and cognitive decline. Recent research using imaging studies and nonscientific approaches shows the real impact untreated hearing loss has on the brain. The increased listening effort produced by a hearing loss causes physiological changes in the brain. This talk will explore the effects of hearing loss on the brain and the hope for cognitive recovery using appropriately fit hearing technology.

2 Going from Grief to Laughter to Al-Anon

Chester Creek Room

Many of us work with people who have been affected by alcoholism. Alcoholism often causes a lot of loss in people's lives. One of the biggest losses is laughter. Come to this workshop to learn resources to assist your clients or patients to access the Al-Anon program. The presenter has utilized the principles of Al-Anon in her 20-year social work career. This presentation will also include 3 anonymous members of Al-Anon who will speak of their personal experiences.

3 Minnesota Transgender Aging Project: Learning About and Improving Care to Trans Older Adults in Rural and Urban Minnesota

French River 1

Abel Knochel (University of Minnesota Duluth) and Dylan Flunker (Rainbow Health Initiative) collaborated with Northland LGBT Elders Group and Minnesota Trans Health Coalition to study service provision and medical care to trans older adults in the Arrowhead region and Twin Cities metro. We interviewed trans people aged 60 and above and surveyed providers. Come hear what we learned. Discuss ways to improve care for trans older adults in our communities. Leave this workshop with new understanding and resources to help you develop a more effective practice with trans older adults.

4 Minnesota Safe Harbor: No Wrong Door to Services for Sexually Exploited Youth

French River 2

Although youth who are being sexually exploited regularly interact with numerous social service professionals, their experiences are often overlooked or misidentified. Minnesota Safe Harbor creates a victim-centered system of response to identify child victims and move them towards recovery and healing. Learn how you can become an important part of the Safe Harbor system of care in your region.

5 Connecting People to Positive Futures

Gooseberry Falls 1

Connect Forward is designed to help people advance in their careers and improve their financial standing. We offer individualized goal planning; ongoing personal coaching in the areas of education, career advancement and improved finances; and contextualized classes for GED, college, and employment. We have career pathways in healthcare and customer service with partnerships with ISD 709, LSC and local businesses. We are changing lives by helping people move into better-paying careers.

6 Conversations: Let's Discuss the "Privilege" of Racism

Gooseberry Falls 2

Privilege and racism are not easy, comfortable or politically correct topics of conversation. Today's conversation will be a hard look at our experiences living in a privileged social culture. We will discuss the privilege of racism, "whiteness" as it pertains to "blackness," self-perception and white fragility. We hope that what you each bring to the discussion and what you take away will be thought provoking, insightful and in some ways shocking. With that said, let's talk.

7 Person-Centered Planning with a Brain Injury Focus

Gooseberry Falls 3

While the concept of person-centered planning is not new, adapting it to work for people living with brain injury requires understanding what is important

to the person as well as factoring in a thorough understanding of the person's injury, resulting deficits and remaining skills and strengths. We need to be cheerleaders and strip away our bias to support people and their goals.

8 Everyday Narcissism: Yours, Mine and Ours

Harborside 202

Most of us live with a garden-variety form of narcissism that's so common — and so deeply embedded — that we don't even know we have it. As a result, we suffer deeply and unnecessarily. This is called everyday narcissism, or EN, and it comes from a combination of childhood wounds and powerful myths we were taught as children. This session provides an introduction to EN for professionals — including how it develops, how to recognize it (both in others and in ourselves), what we can do to help others heal their EN, and how we can heal our own.

9 Give Peace a Chance: Dissolve Stress and Anxiety with Mindful Movement

Harborside 203

Do your clients struggle with anxiety, stress and the effects of trauma? Do you wish you had the hands-on tools to ease their distress and pain on the spot? This training provides fresh and effective emotional regulation skills that will serve for a lifetime. Done standing or seated in a chair, mindful movement is gentle, powerful, and easy to learn. You will take your clients from chaos to calm and watch resilience emerge. Join Jean as she brings over 35 years experience in yoga and movement arts to this bold and empowering training.

10 Stories, Reflection and Leadership

Harborside 204

Story connects us. Story provides a means for reflection. Story prompts us to move forward. By working together in community, we can use story, reflection and co-creative leadership practices to help us create a self-organizing community of leaders. We will share a case study of 30-plus youth and social service agencies that use a circle format to reflect on their work, solve problems and plan for the future. Using the premise that everyone is a leader, we will work in a circle and practice reflection during the workshop. This process is useful for staff, clients and collaborations with other agencies.

11 A Deeper Dive into What Impacts Health

Harborside 205

To make the greatest impact on improving a community's health, it is important to know the "who, where and how" to best target finite resources. Using Northeast Minnesota's 2015 Bridge to Health Survey as a framework, presenters will identify health disparities related to key demographic and social factors, such as income, age, gender, educational status and geography. With an understanding of these and other factors, interventions can be strategically implemented to reach specific populations that are most affected by health issues. Presenters will also discuss the value of a collaborative approach to improving health utilized in northeast Minnesota.

12 This Purposeful Life: Love Yourself into Alignment

Harborside 301-302

Consciously or unconsciously, most of us accept our own powerlessness in this seemingly out-of-control world. We presume too often that we are helpless, and accept what we call fate with passive irritation that may show itself as depression, illness and/or even disease. We hear things like: this is just who I am and these are the cards I was dealt. The good news is advances in biology and physics offer an amazing alternative understanding that reveals our sense of disempowerment is actually the result of learned limitations. Free yourself from false beliefs of self and start manifesting all that you've ever imagined and more. You truly create your reality. So what's it going to be?

13 Dances of Healing; Stories of Hope

Harborside 303

"Dancing, singing, storytelling, and silence are the four universal healing salves." — Angeles Arrien, PhD. Across cultures, races, age groups, and time, dance bypasses words to express, reveal, and shape our truths; stories bind us together and create and define ourselves and our surroundings. You're invited into an experience of embodied exploration to reflect, heal, hope, laugh, question and gain inspiration and creative tools for use in your communities. Regina uses interplay, dance, story, guidance/teaching experience, her African American/Afro-Caribbean heritage to shape opportunities for participants with any/no experience to come home to the power of their own story and community.

14 The Art of Dialogue: Enhancing Your Skills to Co-Facilitate a Group Process

Harborside 304

Many group sessions are unintentionally dominated by the group facilitators. Co-facilitation is very challenging and often does not occur. Usually one facilitator dominates the group process. Learn from staff of "The Duluth Model" how to conduct group facilitation and dialogue that is based in co-facilitation and a non-oppressive model based on the work of Paulo Freire. This workshop is for facilitators of all types of groups in all fields.

15 Through an Advocate Lens: The Intersection of Domestic Violence and Child Abuse

Harborside 305

There is a high rate of co-occurrence between child abuse and domestic violence. Participants will learn how children are used after separation by the abusive parent to continue the battering, power and control. Using information from focus groups, individual interviews and years of direct practice with battered mothers and children, the presenter will talk about specific tactics used by batterers and how systems and institutions inadvertently support these tactics. Participants will learn about ways to improve safety for battered mothers and children and ideas for system change to create long-term safety.

16 Exploring Worldviews and How to Change Them to Better Respond to Conflict

Lake Superior Ballroom J

Each of us has a worldview. Eighty percent of our worldview unconsciously operates and impacts how we see and interpret the world, events, situations and other people. It influences communication, decision making and workplace cultures. When conflict exists, worldviews are colliding. This session invites each attendee to explore their worldview using a series of common workplace challenges. You will develop a small set of skills that can help you address multiple worldviews with understanding and insightful responses. Change the workplace around you by becoming more tuned into your own worldview and the worldviews of others.

17 Happiness and Hygge

Lake Superior Ballroom K

Is there value in studying happiness? Why are the Danes the happiest people in the world? A lesson in positive psychology.

★ *Session I Workshops continue on next page*

18 Effective Methods for Working with Diverse Students in Higher Education
Lake Superior Ballroom L

The purpose of this session is to discuss the various challenges that low income, first generation, and under-represented students encounter as they navigate through their educational career with various mental health and academic needs. The McNair Scholars Program staff at UW-Superior will offer an interactive, open discussion to share ideas on how to address the specific needs of these students.

19 Utilizing EMDR for Addiction
Lake Superior Ballroom MN

Genesis Recovery Services is an integrated, intensive chemical and mental health outpatient recovery center. Genesis's program is designed to educate, support and assist folks who suffer from co-occurring disorders. Genesis takes a progressive approach in addiction treatment by incorporating EMDR (eye movement desensitization reprocessing) with an EMDR trained psychotherapist, a service available to all clients who participate in the recovery program. This workshop will explain how EMDR helps to reduce urges within a wide range of chemical addictions.

20 Helping Grieving People Impacted by Neurological and Cognitive Impairments
Lake Superior Ballroom O

This presentation will explore some of the diverse ways that grief is experienced by people impacted by Alzheimer's disease, traumatic brain injury, autism and other developmental or neurological disorders. The goal is to improve support for the unique needs of grieving individuals, their families and the staff who serve them prior to and after a death of a family member, friend or staff member. This presentation will identify common types of loss, offer specific, developmentally appropriate tools to respectfully facilitate the grieving process, and strategies to serve as a supportive companion to those who are grieving.

21 Sex Offender Stigma: Barriers to a Good Life
Split Rock 1

This presentation will review public perception of sex offenders, registration and probation/parole requirements, housing and employment barriers, as well as social stigma and the guilt/shame dynamic. Treatment and risk factors, as they influence the good lives model, will be presented. Current research will be discussed in terms of its influence on this marginalized and often denigrated population.

22 Trauma-Informed Responses Through Restorative Practice
Split Rock 2

Restorative practices have shown to effectively change behavior in our schools and juvenile justice systems. Trauma-informed responses have also shown success in supporting youth who struggle at school and find themselves in contact with the criminal justice system. The adverse childhood experiences study has demonstrated a deeper understanding of how youth who have experienced trauma are more likely to be chemically dependent and exhibit mental illness. Our session will focus on how trauma-informed responses are used in restorative practices and help children find success.

23 Connecting Through Music Therapy
St. Louis River Room

Music can be a moving experience, enhancing a sense of identity, connection and belonging. This presentation will provide an overview of what music therapy services can offer to children and adults with mental health issues as well as individuals with brain injuries. Music therapy helps support positive change and enables people to reach their full potential. This workshop will explain how to identify individuals that could benefit from music therapy, and options available. We will explain how music therapists assess, develop goals, and demonstrate interventions that bring about successful outcomes.

Thursday, October 13	Session II Institutes	1:00 – 4:30 p.m.
24 Trauma-Informed, Evidence-Based Early Intervention	Mary Casey Ladd, MSW, LICSW, LMFT, Director Of Child/Family Services; along with Hannah Waterman, MSW, LICSW, Program Manager of the Child/Family Integrated Team; Anna Splady, MSW, LICSW, Psychotherapist Child/Family Team; Krystle Haugen, MA, LMFT, Psychotherapist Child/Family Team—all with the Human Development Center	Harborside 202
25 Ethical/Legal Perspectives and Risk Management	Brian Nystrom, MSW, President/CEO, Nystrom & Associates, Ltd	Harborside 203
26 Navigating Housing and Employment with People with Disabilities	Rajeane Moone, PhD, Consultant; along with Beth Grube and Heidi Sandberg—all with the Minnesota Department Of Human Services	Harborside 204
27 LGBTQ Cultural Considerations (AKA "It's Ok to Call Us Queer and Other Things to Know About Us")	Kathy Hermes, BS, Program Coordinator, Lutheran Social Service; along with Paige Smith, LGSW, Program Coordinator, Lutheran Social Service; Julia Johnson, BS, Information and Referral Specialist, United Way; youth/parents of LGBTQ panel	Harborside 205
28 If You Don't Coach Your Brain Someone Else Will	Lyle Wildes, MA Liberal Studies, Brain Coach, UMD, Positive Attitude Development Group, Inc.; along with Dr. Michael Merzenich, PhD Neurology, Founder and President of Positscience; Dr. Thomas Van Vleet, PhD Neurology, Director of Neurological Research, Positscience	Harborside 301-302
29 Gray Matters: Co-Occurring Disorders of Mental Illness and Dementia in Older Adults	Kay King, BS, Older Adults Program Coordinator and Community Educator, NAMI Minnesota; along with Kay King, BS, Older Adult Program Coordinator and Community Educator, NAMI Minnesota; Jenna Herbig, BA, Program Manager, Alzheimer's Association of MN and ND	Harborside 303

30	Opioid Related-Use Disorders, Treatment and Recovery	Marcia Gurno, Med, Social Worker, St. Louis County Public Health and Human Services along with Julie Seitz, LSW, Clinical Director, The Center For Alcohol And Drug Treatment	Harborside 304
31	Conflict 101: Practical Tips for Understanding and Addressing Conflict in the Workplace and Beyond	Annalisa Peterson, Esq. (Inactive), BA, JD, MDR, Duluth Program Director; along with Elise Chambers, Esq., BA, JD, Programs Director—both at Conflict Resolution Center	Harborside 305

Thursday, October 13

Session II Institutes

1:00 – 4:30 p.m.

24 Trauma-Informed, Evidence-Based Early Intervention

Harborside 202

The HDC 1406 Child/Family Integrated Team has benefited from MN-DHS sponsored training in evidence-based, trauma-informed early intervention since 2011. Four clinicians participating in providing these evidence-based practices to birth to five-year-olds and their parents/caregivers, will discuss Parent Child Interaction Therapy (PCIT) Trauma-Informed Child Parent Psychotherapy (TI-CPP) and Attachment Bio-Behavioral Catchup (ABC). This institute will provide a review of the basics of infant/toddler mental health; assessing attachment and adverse early childhood experiences; introduction to the aforementioned evidence-based interventions; and case studies illustrating these interventions.

25 Ethical/Legal Perspectives and Risk Management

Harborside 203

This session is designed for clinicians or supervisors regardless of years of practice. The session will identify core ethical principles underlying good clinical practice, landmark legal cases impacting clinical practice, risk management strategies, minimizing liability, managing ourselves as clinicians and evaluating actual case examples. Participants will integrate their own knowledge plus new material from an “ethics/risk management” perspective. Brian brings a cogent perspective from many years as a clinician, supervisor and program creator.

26 Navigating Housing and Employment with People with Disabilities

Harborside 204

This session includes a number of interactive tools that help dispel myths and break down barriers to achieving competitive, integrated employment and housing goals. Housing Benefits 101 is designed to help people in need of affordable housing and services to maintain housing, explore options and build a plan. Disability Benefits 101 is designed to provide a safe, neutral

place where people with disabilities can explore the impact of work on their federal and state benefits.

27 LGBTQ Cultural Considerations (AKA “It’s Ok to Call Us Queer and Other Things to Know About Us”)

Harborside 205

This presentation is part of educational outreach done by Lutheran Social Service’s Together for Youth, a social support group for LGBTQ youth and questioning and allied youth. People will gain a deeper understanding of the challenges young people face from living life in the closet to being out and proud. In addition to personal stories, topics covered will include presumed heterosexuality, heterosexual privilege, cisgender privilege, homophobia and transphobia. Micro-aggressions and micro-affirmations will be covered as well as the important roles of allies. Emphasis will be placed upon transgender identities and policy protections.

28 If You Don’t Coach Your Brain Someone Else Will

Harborside 301-302

Learn about the most recent neurological research being done by Positscience.com and, in a small way, by WildesBrainCoach.com. Participants will gain a practical understanding of the power of neural gaming. Learn about the future uses of neural gaming in business, education and addiction. This will be a powerful experience and will introduce you to this new area of cognitive change.

29 Gray Matters: Co-Occurring Disorders of Mental Illness and Dementia in Older Adults

Harborside 303

Senior workers and family members will learn the basics of mental illness and dementia in older adults as well as the risk factors and warning signs of both disorders. Understand treatment, management and recovery. Discuss strategies for working with an older adult living with both disorders and learn about resources.

30 Opioid-Related Use Disorders, Treatment and Recovery

Harborside 304

Opioid-related use disorders have reached epidemic proportions. The current opioid crisis impacts individuals, children, families and communities and Minnesota is not immune from the destruction and devastation caused by individuals struggling with opioid-related abuse and addiction. Untreated, opioid-related use disorders lead to homelessness, chronic health disorders including HIV and Hepatitis C, criminal activity and ultimately death. Learn about opioid-related use disorders including signs of opioid intoxication, stages of heroin use, overdose symptoms, long-term effects of heroin use, opioid withdrawal, intervention strategies and treatment for opioid-use disorders including medication assisted treatment, and recovery from opioid addiction.

31 Conflict 101: Practical Tips for Understanding and Addressing Conflict in the Workplace and Beyond

Harborside 305

Participants will explore how conflict happens, how to effectively communicate through conflict, and how to proactively manage conflict at its earliest stages on a daily basis. Through experiential learning modules, participants will discover their conflict styles and how to identify the conflict styles of others, participate in de-escalation and conflict-diffusing exercises focused on working with difficult personalities, and practice tools for proactive communication and group facilitation techniques to maintain low-conflict environments.

Thursday, October 13		Session II Workshops	1:00 – 2:30 p.m.
32	Social Security Disability 101	Emily Olson, BA, Non-Attorney Disability Representative, Disability Specialists	Board Room
33	Positivity and Prevention: HIV/Aids in the Northland	Maggie Kazel, MSE, Harm Reduction Specialist, Rural AIDS Action Network; Michele Dalbec, BA, Case Manager, Minnesota AIDS Project; Paige Smith, LGSW, Program Coordinator, Lutheran Social Service; Mark Medelbo, HIV Support Group Member	Chester Creek Room
34	Overview of the Child Welfare System in St. Louis County	David Vukelich, MSW, Social Services Supervisor; along with Kathy Bergum, MSW, Social Services Supervisor; Lisa Salo, MEd, Child Protection Social Worker (Indian Child Welfare Unit); Danette Kimball, MSW, Social Worker and Safety Planner—all at St. Louis County PHHS	French River 1
35	Collaborating to Improve Health: Duluth Minnesota	Jenny Peterson, MSW, Executive Director, Generations Health Care Initiatives; along with Kayla Keigley, MPH, Program Manager, Essentia Health; Michael Meller, MBA, Strategic Business Analyst, St. Luke's; Jim Gangl, Public Health Analyst & Emergency Preparedness Coordinator, St. Louis County Public Health & Human Services	French River 2
36	Transitioning Youth with Mental Health Diagnoses to Adult Systems of Healthcare: A Study of Quality Standards	Shelly Richardson, DSW, LICSW, Undergraduate Social Work Program Director, Assistant Professor, The College of St. Scholastica	Gooseberry Falls 1
37	Play to Employees' Strengths	Amy Nelson, Founder, BS in Healthcare Management, MBA, CEO; along with Megan White, RN, BSN, PHN, Director of Nursing—both with Accurate Home Care	Gooseberry Falls 2
38	Beyond the "Nothing Works" Era: Best Practices with High-Risk Offenders	Kevin Fawcett, MA, Criminal Justice Leadership, Regional Coordinator, MNSIRR; along with Chris Busche, BA Criminal Justice, Regional Coordinator, MNSIRR—both at MN Department of Corrections	Gooseberry Falls 3
39	Professionalism and Workplace Integrity	Karen Edens, BA, MPH, Director of Training, Edens Group	Lake Superior Ballroom J
40	We are Still Laughing	Desiree Menuet, BA, QDDP, President, Accessibility Specialist; along with Julia Mattson, BS Executive Director; Board Members Jerry Salveson, AA; Bev Strongitharm; Ralph Johnson, BS; Glen Tridgell — all with People With Disabilities For Change	Lake Superior Ballroom K
41	How to Create an Inclusive Work Culture	Denise Moreland, Lifeguides	Lake Superior Ballroom L
42	Growing into Our New Normal	Tiffany Snider, MSW, LICSW, MAM, SSS Assistant Director, The College of St. Scholastica; along with Dana Moore, BA Health and Physical Education, Head Women's Volleyball Coach, The College of St. Scholastica; Julie Gehlen, CSS Social Work student, CLEAN Program Director, The College of St. Scholastica; Chris Roemhildt, Global War On Terror Outreach Technician, U.S. Dept. of Veterans Affairs	Lake Superior Ballroom MN
43	Intentional Stories in the Workplace	Sue Lawson, BS Forestry, MA Architecture, Principal, Superior Design + Planning Inc.; along with Scherrie Foster, BS Education, BA English, MA Speech Communications, Communications Consultant, Professor Fond Du Lac Tribal Community College; Ellen O'Neill, BA Media and Mass Communication, Organizational Change Consultant	Lake Superior Ballroom O
44	Coordinated Entry System In St. Louis County	Heather Lindula, BSW, Paralegal/ Housing Advocate, Legal Aid Service of NE MN; along with Rory Strange, 2-1-1 Program Coordinator, United Way; Kristy Greminger, Director of Residential Services, The Salvation Army; Mary Pelofske, Housing Services Supervisor, HRA of Duluth; Jennifer Kuoppala, Homeless and Basic Needs Case Manager, Arrowhead Economic Opportunity Agency (AEOA)	Split Rock 1
45	NAMI "In Our Own Voice"	Brian Jost, BS Aeronautics/Commercial Aviation, Public Awareness Coordinator; along with Terry Wasnick, Volunteer Presenter; Katrina Hendrickson, Volunteer Presenter—all with NAMI Minnesota	Split Rock 2
46	Healing the Wound: The Family's Journey Through Chemical Dependency	Mathias Karayan, MA, LADC, Family Counselor, New Beginnings, Minnesota	St. Louis River Room

32 Social Security Disability 101*Board Room*

Supplemental Security Income (SSI) and Retirement, Survivor's, and Disability Benefits (RSDI) provide monthly benefits to over 65 million children and adults, 14 million of which are disabled. These benefits provide a useful tool in recovery and independence while providing economic stability for the communities in which beneficiaries live. This workshop will review the requirements for disability beneficiaries, the process through which Social Security determines eligibility, your role in the disability process, and the benefits for which an SS and/or RSDI beneficiary is eligible.

33 Positivity and Prevention: HIV/Aids in the Northland*Chester Creek Room*

Members of an area HIV support group will share their journeys from before diagnosis to the present time. Both helpful and fruitless connections in the search for services will be addressed. Workers from Rural Aids Action Network, Minnesota AIDS Project and Lutheran Social Service will summarize their program offerings and share details of their respective prevention and harm reduction efforts. Attention will be given to the introduction of PEP (Post-Exposure Prophylaxis) and PREP (Pre-Exposure Prophylaxis) in Minnesota.

34 Overview of the Child Welfare System in St. Louis County*French River 1*

This panel will provide an overview of the child welfare system in St. Louis County. Panel members will discuss voluntary and mandated services, how families enter the child welfare system, services provided and possible outcomes for those families and their children. A large percentage of time will be devoted to answering questions from conference participants.

35 Collaborating to Improve Health: Duluth Minnesota*French River 2*

Learn how one city is harnessing its collective resources to build a healthier community. Recognizing that there would be greater impact on improving their community's health if they collaborated, Duluth's hospitals, St. Louis County Public Health and other community organizations produced their first-ever joint

community health needs assessment and implementation plan. The assessment process actively engaged various segments of the community with special emphasis on residents experiencing disparities. Panelists from various sectors will share valuable lessons on the collaborative process and what has proven to be successful in their coordinated community-based model for improving health.

36 Transitioning Youth with Mental Health Diagnoses to Adult Systems of Healthcare: A Study of Quality Standards*Gooseberry Falls 1*

The Affordable Care Act has mandated increased health care coverage for those with medical and mental health conditions. National health insurance programs such as Medicare and Medicaid have increased demands on expectations and overall quality of the services they cover. This presentation will explore the use of quality standards for transitioning children with mental health diagnoses to adult health care services.

37 Play to Employees' Strengths*Gooseberry Falls 2*

Organizations and leaders should play to the strengths of their employees, especially directors and managers. By treating employees well and allowing them to do what they are best at, you empower them and create the most effective "salespeople" who will represent you in a positive manner, ultimately taking on "sales" roles.

38 Beyond the "Nothing Works" Era: Best Practices with High-Risk Offenders*Gooseberry Falls 3*

The past 35 years of criminal justice policy centered on a "get tough" approach with offenders. This punitive practice resulted in prison and jail populations skyrocketing while treatment services suffered. For the past fifteen years there has been a push to reduce this trend by using a best practices approach. The Minnesota Statewide Implementation to Reduce Recidivism (MNSIRR), a collaboration between state and county systems, community service providers and other stake holders to reduce offender recidivism, is an example of these efforts. This workshop will introduce community-based strategies centered on successful re-entry to the state's

highest risk offenders. Strategies include collaborative case planning, cognitive skill development and improving treatment outcomes. This workshop will specifically look at Minnesota's rate of recidivism and introduce specific strategies for "moving the needle" towards recidivism reduction.

39 Professionalism and Workplace Integrity*Lake Superior Ballroom J*

An aspect of professional ethical practices includes demonstrating professionalism in the workplace. This workshop will benefit your career, improve your working environment, increase worker satisfaction and help to ensure that clients receive a higher degree of services delivered with increased integrity. Effective work habits and professionalism are learned skills that need to be revisited and refined over time.

40 We are Still Laughing*Lake Superior Ballroom K*

It can be difficult living with a disability or caring for someone with a disability, so we need to look for ways to help decrease the stress that we may be feeling. Come join us as we share more humorous stories about living with disabilities and working with people with disabilities. Please bring your own stories to share.

41 How to Create an Inclusive Work Culture*Lake Superior Ballroom L*

Every organization and work team has a unique culture—the written and unwritten rules about how people are supposed to act in order to belong. Some work cultures are open and welcoming of all perspectives, while others are full of cliques and conflict. Everyone influences and is influenced by culture. This workshop will provide strategies for you to make your work environment more inclusive and respectful, and therefore, more engaging and productive.

42 Growing into Our New Normal*Lake Superior Ballroom MN*

What does it mean to grow into your new normal? This session is not designed to "one up" each other, but rather to help recognize that we all have challenges and life happenings that we need to adopt as the "new normal" in our lives and how do we do that. Panel members will share their stories and discuss how they

 Session II Workshops continue on next page

have adapted (and continue to adapt) to their “new normal.” The session will allow attendees to discuss changes and transitions in their lives and what tends to keep us stuck and what helps us move forward — into our new normal.

43 Intentional Stories in the Workplace
Lake Superior Ballroom O

We live our lives in narrative. Our stories have the power to impact outcomes, influence lives, and form relationships. This workshop will journey into the world of storytelling and narrative in the workplace, exploring how our stories can be vehicles for compassion, healing, communication, connection, building community, learning, bridging differences, creating conflict, humor, power and more. Using interactive activities, participants will engage in how storytelling can create different outcomes, both intended and unintended, with an aim for our stories and their outcomes to be more intentional.

44 Coordinated Entry System in St. Louis County

Split Rock 1

Are you working with families/individuals who are homeless or in need of preventative assistance to maintain their housing? This workshop will explain the coordinated entry system throughout St. Louis County. From the initial pre-screen to being housed, the workshop will cover the process.

45 NAMI “In Our Own Voice”

Split Rock 2

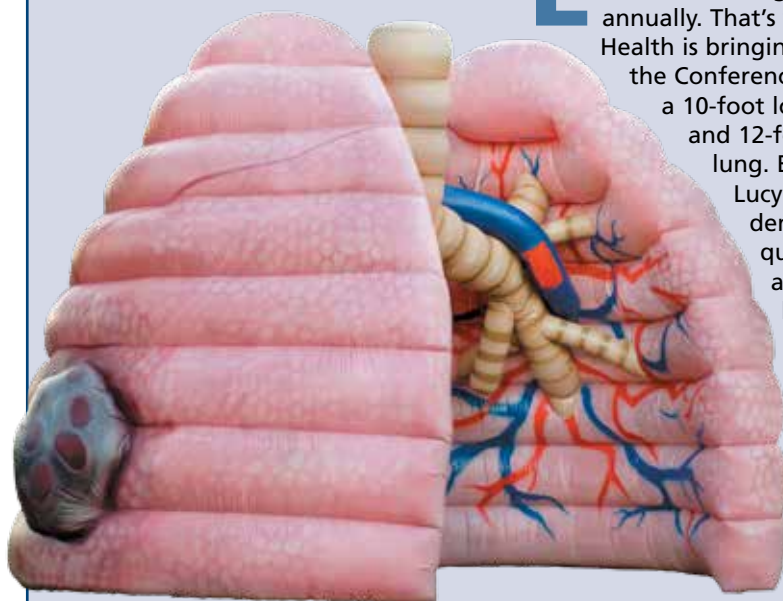
NAMI (National Alliance on Mental Illness) In Our Own Voice (IOOV) is a unique public education program in which two trained speakers share compelling personal stories about living with mental illnesses and achieving recovery, showing in person that there is hope for recovery for people with mental illnesses. The presentation includes personal stories from two presenters, video clips of other stories, as well as an opportunity for questions and answers with the presenters. We’ll cover five topics: dark days, acceptance, treatment, coping skills, and successes, hopes and dreams.

46 Healing the Wound: The Family’s Journey Through Chemical Dependency

St. Louis River Room

This presentation will challenge the practitioner to look at chemical dependency in the family system from an innovative point of view. It will include practical therapeutic encounters for education, therapy and intervention. Being solution-based, this presentation will address a healing perspective on how to work with afflicted families. It will also challenge beliefs and concepts the practitioner may assume to be true. This seminar is interactive.

Meet “Lucy” the giant lung



Lucy is used throughout Minnesota, North Dakota and Wisconsin to help educate people about good lung health.

Lung cancer is the number one killer in America — causing 160,000 deaths annually. That’s why Essentia Health is bringing a big visual to the Conference this year: **Lucy** is a 10-foot long, 15-foot wide and 12-foot high inflatable lung. Essentia purchased Lucy to visually demonstrate why quitting smoking and maintaining healthy lungs are so critical to a healthy lifestyle. Dr. Tim Rich, an Essentia Health Pulmonologist, says “Even if patients have been smoking many years, research repeatedly confirms the benefit to breathing

and overall health: It is never too late to stop smoking.”

In 2011, physicians identified that low dose CT scans could identify lung cancer and be effective in reducing mortality rates. Essentia offers this screening to current or former smokers between 55 and 77 years of age who have smoked at least one pack of cigarettes a day for 30 years, or two packs for 15. The annual screenings are covered by most private insurance companies. Medicare also covers the screenings for people ages 55-77.

For more information, go to www.LungCancerScreeningSavesLives.org or go to www.EssentiaHealth.org and search for “lung.”



A close up look at a cancerous lung lesion.

47	Moving Home Minnesota: Observations and Lessons Learned	John A. Anderson, Masters of Health and Human Services Administration, Deputy Project Director, Moving Home Minnesota, Department of Human Services; along with Patrick Alford, Eligibility Specialist, BS Psychology, Department of Human Services; Sarah Radanke, BS Nursing, MnChoices Certified Assessor, Public Health Nurse, Hennepin County; Liz Stephens, Case Aide, Ramsey County	Board Room
48	When Patients Become Colleagues: The Clubhouse Model of Psychosocial Rehabilitation	Jenny Uhrich, MPA, Executive Director, Well Being Development; along with Robyn Bertelsen, Program Director, Northern Lights Clubhouse; Andrea Balsimo and Cassie Eggebraaten, Clubhouse Members	Chester Creek Room
49	Fathers Do Count	ChaQuana McEntyre, LMSW, MSW, Social Worker, St. Louis County Public Health and Human Services	French River 1
50	Indigenous Culture Key to Opiate Treatment with Suboxone	Mae Katt, Nurse Practitioner, Nursing and Education, Community Based Suboxone Program; along with Sharon Sakanee, Health Director, Neskantaga First Nation; Tammy Patriquin, Addiction Counsellor, Dennis Franklin Cromarty High School	French River 2
51	Peer Recovery Specialists in Chemical Health	Kris Kelly, BS in Human Services, Director of Healthcare and Wellness; along with Cristina Muelken, LADC, Peer Recovery Specialist—both at Minnesota Recovery Connection	Gooseberry Falls 1
52	Culturally Sensitive ARMHS	Susan Anderson, MSW	Gooseberry Falls 2
53	Improving the Care Model in the Community Health Center Setting	Jessica Karpinske, BA in Social Work, Health Coach; along with Mel Whittington, Licensed Dental Assistant, Oral Health Educator; Desiree Hachey, Certified Medical Assistant, Health Care Home Program Coordinator—all with the Lake Superior Community Health Center	Gooseberry Falls 3
54	Striving to Make a Difference: Implementing Evidence-Based Home Visiting	Kelly Lind, BA Nursing, Public Health Nursing Supervisor, St. Louis County PHHS; along with Rebecca Paulson, BS Nursing, Public Health Nurse, St. Louis County PHHS; Ginger Parlanti, BA Nursing, Public Health Nurse, Itasca County HHS; Allison Heeren, BSC Nursing, Public Health Nurse, Cook County PHHS; Jill Wagoner, BA Nursing, Public Health Nurse II, St. Louis County PHHS	Lake Superior Ballroom J
55	Spring Forest Qigong on Losses	Glenn Tobey, M Div, MA, Psychotherapist, private practice; along with Katrina Tobey, LP, LMFT, MA, Psychologist, private practice	Lake Superior Ballroom K
56	What Do a Bunch of Kids Have to Say Anyway?	Lisa Williams, BSW, Case Manager; along with Lindsay Bruce, BASc, Group Coordinator; Members of the LSS Youth Leadership Council—all with Lutheran Social Service of Minnesota	Lake Superior Ballroom L
57	The Role of Chaplaincy In Life-Changing Environments	Rev. Terese Tomanek, MDiv, Woodland Hills, Essentia Health; along with Rev. Karen Linne, MDiv, Augustana Mercy Health Care Center; Rev. Ron Henely, MDiv, Essentia Health; Rev. Deb Cooper, Northeast Regional Corrections Center; Rev. Dulce Proud, MDiv, St. Luke's Hospital	Lake Superior Ballroom MN
58	Space Versus Place: Creating Contexts for Cultural Engagement	Arlene Arias, LCSW, DEd, Licensed Clinical Social Worker/Program Manager, Western Connecticut Mental Health Network	Lake Superior Ballroom O
59	What People Who Have Experienced Homelessness Would Like You to Know	Kevin Walsh, Physician Assistant, Health and Wellness Coordinator, Churches United in Ministry (CHUM); along with Deb Holman, Street Outreach Worker, CHUM; Dave Drozdowski, Community Police Officer, Duluth Police Department	Split Rock 1
60	Interagency Coordination Practices and Model Pilot	Bekah Kaufenberg-Satre, MPP, Youth In Transition Specialist, MDHS; along with Sue Benolken, BS Special Education, Interagency Partnership Specialist, Minnesota Department of Education; Alyssa Klein, MS, CRC, Transition Specialist, Minnesota Department of Employment and Economic Development; Barb Lundeen, MS, RN, PHN, Public Health Nurse Consultant, MDH	Split Rock 2
61	The Reality of Disability: How Compassionate Understanding and Communication Will Ensure More Effective Case Workers, Social Workers and Policy Makers	Gaelynn Lea, BA Political Science, minor in Psychology, Disability Advocate	St. Louis River Room

 *Session III Workshops continue on next page*

**47 Moving Home Minnesota:
Observations and Lessons Learned**
Board Room

This will be a panel discussion about the Moving Home Minnesota Program (MHM) a federal demonstration project aimed at transitioning individuals from institutions back to the community which was launched in 2013. MHM has been an important resource for the state in pursuing its goals to serve people in the most integrated setting possible, and to meet the requirements of Minnesota's Olmstead Plan. The panel will be comprised of DHS project staff, case managers and consumer representation. Information will include an overview of progress made by the program, and "lessons learned" from the points-of-view of the various panelists.

**48 When Patients Become Colleagues:
The Clubhouse Model of
Psychosocial Rehabilitation**
Chester Creek Room

Northern Lights Clubhouse (NLC) serves adults with mental illness in Ely, Minnesota. NLC follows the International Clubhouse Model, a proven evidence-based model for mental health recovery for adults, with over 300 Clubhouses worldwide. The Clubhouse Model is innovative: members are colleagues, not patients, working side-by-side with staff to accomplish the daily operations of Clubhouse. Member engagement in their own recovery has led to the following outcomes nationally: reduced incidences of hospitalization and emergency department use, reduced health care costs, increased wellness and increased employment. We will present this model of member engagement at NLC through stories and data.

49 Fathers Do Count
French River 1

It has been stated a father's presence in a child's life could alter the outcome of that child's life. However, we have no programming in St. Louis County to provide services to these men and their children. We'll discuss what services are needed in our community to serve this forgotten and underserved population.

**50 Indigenous Culture Key to Opiate
Treatment with Suboxone**
French River 2

Indigenous communities in Northern Ontario, Canada are delivering unique culture and land-based treatment

programs (Suboxone) for opiate addiction. Community benefits include: decreased crime, increased school attendance, less child welfare involvement, healthier families, education and employment opportunities. An ongoing youth suicide crisis created a vulnerable population causing widespread Oxycodone addiction and limited treatment programs. A creative and successful recovery model is connecting opiate agonist treatment with Buprenorphine/Naloxone (Suboxone), trauma and grief counselling with cultural approaches and traditional land-based activity. A case study approach will identify key factors for recovery: collaboration between professionals, supportive community leadership and families and community workers involved in program development and delivery.

**51 Peer Recovery Specialists in
Chemical Health**
Gooseberry Falls 1

With the proposed changes coming from DHS regarding the redesign of the chemical health system, we will introduce and define the role of the emerging profession of peer support specialists (PRS). Our goal is to demonstrate how PRS's are used on teams and how they provide holistic care coordination across the health and social services spectrum.

52 Culturally Sensitive ARMHS
Gooseberry Falls 2

I am an Anishinaabe woman from Red Lake, Minnesota. I am mentally disabled myself and I gauge my work on how I would want to be treated by an ARMHS worker. Working with mentally ill people is a challenge by itself. When you add cultural differences to the mix it can be even more challenging. I am here to share with you my experience as an ARMHS worker and how I weave cultural sensitivity into my work on a daily basis. Come join me and explore the possibilities.

**53 Improving the Care Model in the
Community Health Center Setting**
Gooseberry Falls 3

The Lake Superior Community Health Center is a primary care clinic with two locations in the Twin Ports. We have been around for over 40 years providing medical services to the community. In the past, services included medical, dental, mental health and social work. Recently we have expanded our services to provide a more comprehensive model of care for our patients. Expanded services include

enhanced care coordination, oral health education and health coaching. Learn about how these services improve health outcomes for our patients and why we think this model of care is the wave of the next generation of health care.

**54 Striving to Make a Difference:
Implementing Evidence-Based Home
Visiting**
Lake Superior Ballroom J

Intervening early and often is frequently what is needed to transform lives, especially in vulnerable populations. Evidence-Based Family Home Visiting is a term used to describe a program model that has undergone rigorous study to determine its impact on several domains including maternal health, child health, positive parenting practices, reductions in child maltreatment, family violence, economic self-sufficiency, school readiness, linkages and referrals. This session will focus on several evidence-based program models and one emerging practice model being implemented in Northeast Minnesota.

55 Spring Forest Qigong on Losses
Lake Superior Ballroom K

Spring Forest Qigong (SFQ) is a simple and very powerful energy balancing and healing practice composed of various movements, focused meditations and rich teachings of living life at a higher point of health and wellness. From the inevitable experiences of losses and the many forms of heartache, learn the scope and depth of using SFQ as a tool for growing into a deepening and more fulfilling life. Experience living life through the SFQ perspective, with an empathetic, joyful richness in your physical, emotional and spiritual body, and an expansive meaning through the laughter and happiness of loving life.

**56 What Do a Bunch of Kids Have to
Say Anyway?**
Lake Superior Ballroom L

Turns out they have plenty to say. Here is your opportunity to listen to former and current foster youth talk about what works, what doesn't work, and everything in between. Be prepared for a fresh and honest perspective about life in care.

**57 The Role of Chaplaincy in Life-
Changing Environments**
Lake Superior Ballroom MN

How do chaplains assess spiritual pain in people from a wide variety of religious backgrounds? How can chaplains help when a patient receives a life-

changing diagnosis? What is the role of the chaplain in end-of-life situations? How do chaplains become culturally competent to serve many people? How do chaplains serve people of faith traditions other than their own? What is the role of chaplaincy in treatment facilities with respect to trauma and addiction? How do chaplains help people who are incarcerated with their spiritual needs? The panel will include a hospital chaplain, a hospice chaplain, a nursing home chaplain, a residential treatment chaplain and a prison chaplain.

58 Space Versus Place: Creating Contexts for Cultural Engagement
Lake Superior Ballroom O

The ability to build rapport with individuals from various cultures is an important aspect of human service practice. Culture impacts how we view the world and engage in help seeking. Public service agencies are places in people in need can find support and empowerment. Additionally, we can provide spaces (physical and emotional) in our agencies for people to feel safe, supported, and have experiences that recognize and affirm culture. Attendees will learn about the term space as it relates to culture, freedom and engagement.

59 What People Who Have Experienced Homelessness Would Like You to Know

Split Rock 1

You really don't know somebody's story unless they share it and unless you hear it. In this workshop, people who have experienced homelessness in our community and people who have worked with persons experiencing homelessness share their experiences through live and recorded interviews. Perhaps what we hear and learn will help us to have different perspectives and move us to different attitudes and behaviors with respect to people experiencing homelessness.

60 Interagency Coordination Practices and Model Pilot

Split Rock 2

Interagency coordination is a powerful strategy to ensure better outcomes for students including improved graduation rates, dropout rates and post-school outcomes. This workshop will help participants understand interagency coordination practices and a model that is being piloted in Minnesota. The pilot focuses on coordinated comprehensive planning across home, school and community that is person-centered, strengths-based, and effectively supports a youth's goals and needs. Participants will take away simple practices and tools that will help build coordinated interagency services for students.

61 The Reality of Disability: How Compassionate Understanding and Communication Will Ensure More Effective Case Workers, Social Workers and Policy Makers
St. Louis River Room

This workshop explores the oft-undiscussed realities of disability and lays out strategies for more honest and compassionate conversation between social service employees, policy makers and people with disabilities. Gaelynn Lea Tressler, a woman with a disability, lifelong activist, and musician uses examples from her personal life mixed in with historical and contemporary research to clarify the challenges that people with disabilities still face in modern society. You will leave this workshop with a deeper understanding of the oppression facing people with disabilities and be able to better advocate for them from a place of compassion.

2016 Health & Human Service Conference Planning Committee

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Day 2: Friday, October 14

Friday, October 14		Session I Institutes	8:30 – Noon
62	The Power of Story and Re-Storying: A Conversation on Worldview and its Implications for Our Daily Actions and Interactions with Clients and Community	Dave Ellis, BA, CEO, Dave Ellis Consulting, LLC	Harborside 202
63	Special Needs Parents	Rachel Zwicky, MSE, Support Parent, Minnesota Family Voices Program	Harborside 203
64	The Psychology of Long-Term Homelessness: Engagement and Support Strategies	Steve Carlson, PSYD, Clinical Trainer, Minnesota Center for Chemical and Mental Health	Harborside 204
65	LGBT Youth in Out-Of-Home Care	Candace Mainville, MA, Social Worker and Child Welfare Trainer, Hennepin County	Harborside 205
66	Blurred Lines: Consent, Competence and Social Media; Whose Liability?	Lake Dziengel, PhD, MSW, LICSW, Assistant Professor, University of Minnesota Duluth	Harborside 301-302
67	Living Our Resiliency	Christina Woods, MEd Educational Leadership, Owner Consultant, Diversity Consulting; along with Tony Hernandez, Executive Director, All Nations Indigenous Center	Harborside 303
68	Minnesota Health Care Programs (MHCP) Understanding Your Resources and Overview of the Waiver Revalidation Process	Pansi Millage, Associates Degree in Business Administration, Supervisor, HCBS Training & Communications, along with Denise Nelson, Mai Yang, Scott Batdorf, Nicole Evans and April Beachem, all MHCP Provider Trainers with the Minnesota Dept. of Human Services	Harborside 304
69	The Establishment of Voluntary Refugee Services in Germany: Challenges and Opportunities for Communities in Times of Crisis	Connie Gunderson, PhD, MSW, LISW, Associate Professor, The College of St. Scholastica; along with Almut Lupkes, Diplom, Educational Management retired school Instructor, Personnel Administrator In Lower Saxony, Germany; Claus Oellerking, Diplom, Management, retired vocational school Instructor, Counselor, Administrator, Personnel Administrator In Lower Saxony, Germany	Harborside 305

Friday, October 14		Session I Institutes	8:30 – Noon
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62 The Power of Story and Re-Storying: A Conversation on Worldview and its Implications for Our Daily Actions and Interactions with Clients and Community

Harborside 202

Ever wonder why what we say is misinterpreted, why people seem to not follow direction, or what gets in the way of true engagement with our clients, communities and often our coworkers and families? Join me for a conversation on worldview and its implications for our daily actions and interactions with clients and community.

63 Special Needs Parents

Harborside 203

Parents of children with special needs walk a complex journey, colored by hardship, loneliness and grief — but also

by strength, celebration, love and joy. The presenter has had a unique opportunity to learn about this topic, earning a counseling degree and working as a school counselor while simultaneously struggling to raise her own child with special needs and volunteering as a support parent for the Minnesota Family Voices Program. Both anecdotal accounts and scientific research will be presented, and the institute will conclude with an open discussion in circle format.

64 The Psychology of Long-Term Homelessness: Engagement and Support Strategies

Harborside 204

Individuals who live homeless for several years develop survival routines that become entrenched and nearly intractable. Sustained outreach and

engagement is usually necessary to assist these individuals in developing a sense of hope and intention to get housed and rebuild their lives. This workshop will explore the psychological dynamics of this group and a process by which they may escape the entrenchment of this lifestyle.

65 LGBT Youth in Out-Of-Home Care

Harborside 205

LGBT youth are disproportionately in out-of-home care. Risk factors and definitions will be discussed. Ways to engage, advocate for and create safe places for these youth will be explored. Resources and experiential exercises will be provided.

66 Blurred Lines: Consent, Competence and Social Media; Whose Liability?
Harborside 301-302

Sometimes the most overlooked dilemmas involve factors related to informed consent and provider competence. Increasing transdisciplinary work creates situations where providers are often not familiar with ethical codes of other disciplines. The growing field of social media also presents new dilemmas and decision-making by direct service providers, supervisors and administrators. Agency and provider liability related to these topics, as well as professional licensing and what to do about impaired professionals. At this interactive workshop, this discussion will be supplemented with case analysis.

67 Living Our Resiliency
Harborside 303

This workshop will increase awareness and understanding of factors that perpetuate historic trauma among indigenous populations. Participants will explore strategies to understand trauma, the multiple impacts and ways to address it. Some themes will include intergenerational trauma, blood memory and historic empathy. Participants will engage in interactive activities to unpack the themes.

68 Minnesota Health Care Programs (MHCP) Understanding Your Resources and Overview of the Waiver Revalidation Process
Harborside 304

Minnesota Health Care Programs (MHCP) provider trainers will take you through the online process of where to find your online resources and the information you need to know to do your daily tasks. With revalidation coming for waiver providers, we will also give you an overview of when you may be going through the revalidation process, what type of information you will need to put together for revalidation and how you will be notified that it is time for you to do revalidation.

69 The Establishment of Voluntary Refugee Services in Germany: Challenges and Opportunities for Communities in Times of Crisis
Harborside 305

Since 2015, more than one million refugees from several countries have arrived in Germany. At least 20,000 refugees have settled in Mecklenburg-Vorpommern, a state near Berlin. German Chancellor Angela Merkel's slogan: *Wir Schaffen Das!* ("We Can Do It") has led the country to assist with the integration of refugees and immigrants fleeing war into German communities. Almut Lupkes and Claus Oellerking will share their experiences settling refugees in their community of Schwerin, Germany. Open discussion and dialogue will explore questions such as: What do integration projects of immigrants (especially Syrian immigrants) in German society look like one year after the mass immigration? How are politicians, administration, welfare organizations, local communities, and volunteers responding to the crisis? What are the challenges and differing perspectives moving forward with the integration of refugees and immigrants in Germany?

A Colorful POV:
A Vibrant Statement of Living

The creative ability to bring to life an image one may not have words for is a powerful feeling. Udac's Art Junction aids artists in experiencing and expressing their creative ability. Udac offers programs and services to adults with intellectual and physical disabilities. Art Junction is an innovative, experiential and therapeutic art program. Art Junction artists have an opportunity to explore their unique potential through the creation of art.

The artwork of several artists united to create *A Colorful POV*, a mixed media statement bringing to life unique stories and experiences using color. The artists used color to express the vibrancy of life even in the face of challenges. Join us on this journey to witness our colorful point of view.



Friday, October 14		Session I Workshops	8:30 – 10:00 a.m.
70	New Journaling Groups for Self-Health and Community	Lisa Mckhann, MA, Executive Director, Project Lulu; along with Cleo Hutton, RN, author and stroke survivor	Board Room
71	Emerging Infectious Disease Update: Old and New	Ellen Hill, MSC, Northeast Region District Epidemiologist, Minnesota Department of Health	Chester Creek Room
72	Exploring the Challenges of Addiction: Motivation, Change and Relapse Prevention	Annette Pearson, MS, LADC, CBIS, Director of Outpatient Services, Vinland National Center	French River 1
73	Child Maltreatment Reporting in 2016	David Vukelich, MSW, Social Services Supervisor; Laura Polaske, BSW, Child Protection Social Worker — both with St. Louis County PHHS	French River 2
74	Strategies for Caregivers in Managing Behaviors of Loved Ones with Dementia	Barbara Dickenson, LICSW-MN, LCSW-WI, MSW, freelance writer and lecturer; along with Andrea Dickenson, LSW, CJNH, BASW, Activities Director, Chris Jensen Nursing Facility; Greg Dickenson, RN, CJNH, Nursing Supervisor, Chris Jensen Nursing Facility	Gooseberry Falls 1
75	Promising Practices: Interviewing Vulnerable Adults	Laura Gapske, BS in Sociology-Cultural Studies Concentration, Forensic Program Coordinator and Interviewer; along with Rachel Johnson, BS Public Service, Spanish and Sociology, MDT Program And Outreach Coordinator & Interviewer—both at First Witness Child Advocacy Center	Gooseberry Falls 2
76	Trauma-Informed Care in the Opiate Epidemic	Maggie Kazel, MEd, Counseling and Psychological Professions, Program Manager; along with Mary McCarthy, Executive Director; James Danielson, Program Assistant — all at Rural AIDS Action Network	Gooseberry Falls 3
77	Onboarding and Retaining Millennial Hires: Exploring the New Demographic at Work	Dr. Maria Stalzer Wyant Cuzzo, HR Generalist Certificate, PhD, JD, Professor of Legal Studies, Mediator, UW-Superior; along with Justin Terch, MA, Human Resource Generalist, Director of Human Resources, Duluth Edison Charter Schools, Principle Founder Terch & Associates	Lake Superior Ballroom J
78	The Don't Buy it Project: Engaging Men in Anti-Trafficking Work	Mallory Thorne, BA Social Work, Anti-Sex Trafficking Coordinator; along with Sarah Curtiss, Program Director — both with Men As Peacemakers	Lake Superior Ballroom K
79	Where's Whiteness? Seeing and Responding to Privileged Narratives	Kevin Skwira-Brown, MSW, LGSW, Diversity and Equity Trainer, Cultural Fluency Associates	Lake Superior Ballroom L
80	Mind vs. Emotion: A Road Map Through Loss and Laughter	Julie Zaruba Fountaine, MS Health Nutrition and Exercise Science, Wellness Coordinator, College of St. Scholastica	Lake Superior Ballroom MN
81	Establishing Direction: The Importance of Finding Purpose Through Employment	Josh Howie, BS, Executive Director; along with Becky Jakubek, BA, Receptionist—both with Trillium Works, Inc.	Lake Superior Ballroom O
82	Tenant Landlord Connection	Jackie Kemp, BS Communications, Education & Counseling Director; George Mirus, Education & Counseling Associate—both with One Roof Community Housing	Split Rock 1
83	"Being Mortal" — A Conversation on Advance Care Planning	Heather Opsahl, degree in Social Work/Communications, Executive Director, Advance Care Planning — Northeast Minnesota, in partnership with St. Luke's Hospital; along with Dr. Audrey Park-Skinner, MD, LSMS Past President, Fairview Range Medical Center; Brian Smith, MA, LSW, Certified Guardian; Patty Minogue, RN, Emergency Department Case Manager, St. Luke's Hospital; Linda Hadley, Retired Women's Health Practitioner	Split Rock 2
84	Unsubmitted Sexual Assault Kits: Addressing the Problem in Duluth	Mary Faulkner, MA, History And Women's Studies, Penn State, Sexual Assault Kit Initiative (SAKI) Site Coordinator, Program for Aid to Victims of Sexual Assault (PAVSA); along with Mary Faulkner, MA in History and Women's Studies, SAKI Site Coordinator, PAVSA; Sam Madsen, MSW, UMD, SAKI Victim Advocate, PAVSA; John Barrett, BS Law Enforcement, SAKI Investigator, Duluth Police Department; Nathaniel Stumme, JD, Assistant St. Louis County Attorney, St. Louis County Attorney's Office	St. Louis River Room

70 New Journaling Groups for Self-Health and Community
Board Room

Join this introduction to a new service for self-care and wellness based in online journaling groups: Reflecting Pools. Experience the benefits of expressive writing and anonymous sharing in community for you and your clients. You will hear writing excerpts from a group of cancer survivors; see how the website's design elicits personal exploration of a spectrum of thoughts and feelings; feel for yourself the benefits of guided writing and sharing; and learn how you, your family and clients can access this free resource, anytime, anywhere. Reflecting Pools is offered by Duluth-based nonprofit, Project Lulu, providing expressive arts to individuals and communities in need.

71 Emerging Infectious Disease Update: Old and New
Chester Creek Room

Middle East Respiratory Syndrome Coronavirus, Zika virus, novel influenza strains—all are emerging infectious diseases and disease du jour of the current media cycle. "Old" diseases such as measles and pertussis are re-emerging as well. What diseases are staffers at the Minnesota Department of Health closely following? Where are these diseases occurring? What is the likelihood of these diseases popping up in our neck of the woods?

72 Exploring the Challenges of Addiction: Motivation, Change and Relapse Prevention
French River 1

Attendees will review what addiction is, its risk factors and how the brain changes with addiction. Attendees will explore the stages of changes and ways to motivate people through them. Attendees will examine strategies, coping skills and tools that are cost-effective, easy to use and effective to assist individuals along the relapse cycle to maintain sobriety.

73 Child Maltreatment Reporting in 2016
French River 2

This workshop will focus on mandatory reporting of child maltreatment in St. Louis County. Participants will be given statistical data, definitions of abuse and neglect, reporting requirements, protections for mandated reporters and

responses to mandated reports. Updated statewide screening criteria will also be included within the presentation. Handouts of the Powerpoint presentation will be available.

74 Strategies for Caregivers in Managing Behaviors of Loved Ones with Dementia
Gooseberry Falls 1

This workshop will include descriptions of the kinds of dementia and expected behaviors. Demonstrations will include role plays of strategies to accommodate the varied needs of each profile. Participants will be invited to share with the group other stresses related to the caregiver role and discuss how we might respond to these challenges. We'll explore the concept of "mindfulness" and how this practice makes caregiver tasks easier and more productive for the person who is the focus of our attention. Hear about adaptations necessary in the home environment and in nursing care for the safety and well-being of persons who have dementia and participate in a discussion about ways that communities can work together to be more dementia-friendly.

75 Promising Practices: Interviewing Vulnerable Adults
Gooseberry Falls 2

The Child Advocacy Center (CAC) and Multidisciplinary Team (MDT) model is best known for its work in memory recall of trauma information from children after a report of abuse is filed with police or social services. CAC's are being utilized more to reach a much larger percent of the population. Studies show the type of question you ask, directly relates to the quality and quantity of information elicited from a survivor/victim being interviewed. Learn about new research on this population and how to use promising narrative practice in interviews of alleged cases of maltreatment including physical and sexual abuse, neglect and financial exploitation of vulnerable adults.

76 Trauma-Informed Care in the Opiate Epidemic
Gooseberry Falls 3

Rural AIDS Action Network in Duluth serves a much misunderstood group, individuals struggling with intravenous drug use. Many clients are complex/ongoing trauma survivors, and routinely

engage in sex survival work. We engage clients in learning about self-care, hope and community. Workshop attendees will increase their knowledge of best practices and the types of innovative solutions we implement each day. We will share the basic knowledge of our work, rooted in harm reduction concepts, and the tenets of Dr. Judith Herman (Harvard faculty, author of *Trauma & Recovery*) and Dr. Iris Heavy Runner (Blackfeet Nation, Miracle Survivors Family Education Model).

77 Onboarding and Retaining Millennial Hires: Exploring the New Demographic at Work
Lake Superior Ballroom J

This session explores the expectations and needs of millennial hires in the workplace. Millennials are now one of the most significant demographics for hiring and retention and they have their own viewpoints on being a workplace of choice. Learn about the cohort research on millennials at work as well as how millennials are changing workplace dynamics. Facilitated by two experienced HR professionals, this session will provide some sound advice on how to effectively onboard and retain your newest hires at work.

78 The Don't Buy it Project: Engaging Men in Anti-Trafficking Work
Lake Superior Ballroom K

Explores the issue of sex trafficking, why it is an important issue in communities across the country and what men can do in their own community to end the demand for trafficked women and children. Men As Peacemakers will preview the Don't Buy It project curriculum, online training, and information for participants to learn how they can use this in their own communities.

79 Where's Whiteness? Seeing and Responding to Privileged Narratives
Lake Superior Ballroom L

Discussions and debates about diversity and inclusion abound, yet often they are filled with arguments that are either illogical or are skewed by privileged narratives. This interactive workshop will invite you to see, name and respond to such arguments using an example of public written discourse. In the process, you will gain skill and confidence in recognizing and responding to such misleading narratives.

★ *Session I Workshops continue on next page*

80 Mind vs. Emotion: A Road Map Through Loss and Laughter
Lake Superior Ballroom MN

Think of your brain as a road map. Now think about a loss or an accomplishment that has occurred during your life. What are the thoughts or choices that brought you to this destination? What thoughts did you experience? Were there positive thoughts? Were there negative thoughts? Did they change along the journey? The mind and emotions create various road maps through our losses and our laughter. This session will explore the various road maps and empower you to create your own road map.

81 Establishing Direction: The Importance of Finding Purpose Through Employment
Lake Superior Ballroom O

As the paradigm shifts with the encouragement of Minnesota's Olmstead Plan and Workforce Innovation and Opportunity Act (WIOA), it becomes even more important that people find work that they find meaningful. Too often, we expect people with disabilities to know what they want to do for the rest of their lives as soon as they leave school. We will explore the person centered principles and process that comes when we discard the idea that it is our role to "place" people. It will focus on empowering people to develop their own direction and to strive for what gives them purpose.

82 Tenant Landlord Connection
Split Rock 1

Come learn about how Duluth's Tenant Landlord Connection (TLC) provides education, information and problem-solving assistance as a way to improve tenant-landlord relations and decrease the amount of housing evictions in our community. The TLC was identified as the top priority to help end homelessness at the 2014 St. Louis County Housing For All Summit, and through the grassroots efforts of a broad array of housing advocates, service providers and community stakeholders, the TLC was funded and we opened our doors in July of 2015. The TLC receives funding through a diverse partnership, including the St. Louis County Innovation Fund as well as funding from the City of Duluth, Duluth HRA and local private foundations.

83 "Being Mortal" — A Conversation on Advance Care Planning
Split Rock 2

You're invited to a free screening and discussion of the PBS Program "Being Mortal." You will be part of a national dialogue taking place in our community that asks "have you and your family had the tough conversations and planned ahead?" "Being Mortal" delves into the hopes of patients and families facing terminal illness. The film investigates the practice of caring for the dying and explores the relationships between

patients and their doctors. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande's own father gets cancer, his search for answers about how to best care for the dying becomes a personal quest. After the screening, you can participate in a guided conversation on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences. See this moving documentary, join the conversation, and explore what matters to you.

84 Unsubmitted Sexual Assault Kits: Addressing the Problem in Duluth
St. Louis River Room

In 2015, Duluth received a Federal Sexual Assault Kit Initiative (SAKI) grant to address an inventory of 523 unsubmitted sexual assault kits. The funding was used to hire one designated investigator and two PAVSA employees (site coordinator and victim advocate) embedded in the Duluth Police Department as well as to provide financial support to the St. Louis County Attorney's Office. This workshop is an opportunity to discuss the reasons for the number of unsubmitted kits, the steps taken to improve protocol and enhance services to victim-survivors, and the ongoing challenges. Special attention will be paid to adapting victim notification strategies to underserved local community members, including Native and homeless survivors.



Musical welcome by Gaelynn Lea

Gaelynn Lea is a musician and public speaker from Duluth, MN. She has been playing violin for over twenty years. First classically trained, she turned to traditional Celtic and American fiddle tunes at the age of 18. During her college years Gaelynn sat in with various folk/rock musicians and developed an improvisational style all her own. Eventually she also began singing and songwriting. She's played alongside many notable Minnesota musicians, including Alan Sparhawk, Charlie Parr and Billy McLaughlin.

On March 3, 2016, Gaelynn Lea was named the winner of NPR Music's second-ever Tiny Desk Contest. The video entry of her original song "Someday We'll Linger in the Sun" rose to the top of over 6,100 submissions from around the nation, chosen as the unanimous favorite among the contest's six judges.

You can find out more about Gaelynn at her website:
www.violinscratches.com

Friday, October 14		Session II Workshops	10:30 – Noon
85	Housing Access Services	Scott Schifsky, BA, Program Director; along with Roberta Cich, Executive Director; Tracey Montgomery, Housing Access Coordinator—all with The Arc Northland	Board Room
86	Evolving Programs for Participant Success and Sustainability	Sarah Priest, BA Political Science and Sociology/Anthropology, Communications, Outreach and Development Director, Community Action Duluth	Chester Creek Room
87	The SBIRT Approach to Addressing Risky Substance Use	Matt Johnson, MSW, LADC, Social Worker; along with Marcia Gurno, BA; MEd, Social Worker—both with St. Louis County	French River 1
88	Public Assistance 101	Barbara Hilde, BA, Admin Asst I (Financial Assistance Supervisor), St. Louis County Public Health and Human Services	French River 2
89	Minnesota's Transition from Restrictive Interventions to Positive Supports	Charles Young, BA, Positive Supports Lead, Minnesota Department of Human Services	Gooseberry Falls 1
90	Early Childhood and Multigenerational Mental Health	Keran Flynn-Kroska, MS, LMFT, Licensed Psychotherapist, Greater Minnesota Family Services; along with Amy Richter, AA, CFPS, Parent Support Navigator, Family Voices; John Soghigian, BS Journalism, Member, Ely Area Advisory Council on Mental Health	Gooseberry Falls 2
91	Addressing Parenting with Abusive and Violent Fathers	Melissa Scaia, Masters degree and doctoral coursework, Executive Director, Domestic Abuse Intervention Programs and Advocate For Family Peace; Scott Miller, BS, Men's Program and CCR Coordinator, Domestic Abuse Intervention Programs	Gooseberry Falls 3
92	The Community School Model in Duluth: The Story of Collaboration Between Schools, Community and Public Health	Josh Gorham, BSN, MA, Public Health Nurse, St. Louis County Public Health And Human Services; along with Rachel Thapa, Full Service Community School Coordinator, Lincoln Park Middle School, Duluth Public Schools; Jennifer Eddy, Executive Director, Myers-Wilkins Community School Collaborative; Seiquayia Morris, Community Health Worker, St. Louis County Public Health and Human Services, Together For Health	Lake Superior Ballroom J
93	Work Ethic and Personal Responsibility	Michael Monroe Kiefer, PhD, Professional Speaker, Powermind Systems Inc.	Lake Superior Ballroom K
94	Adolescent Development and Substance Use	Joni Cabrera, MSW, Supervisor, Fond du Lac Human Services	Lake Superior Ballroom L
95	Success Strategies: Eliminate Stress and Walk the Good Path	Jody Janati, EdD, MA, Professor, University of Minnesota, Fond du Lac Tribal and Community College (FDLTCC); along with Everett LaFromboise, student at FDLTCC	Lake Superior Ballroom MN
96	Creating a Culture of Safety	Ernie Stauffenecker, BS, MSW, Director, Office of Safe Environment; along with Fr. Ryan Moravitz, BA Philosophy, STB Theology, STL Dogmatic Theology, MA Philanthropy and Development, Director of Vocations, Pastor, Immaculate Heart Church (Crosslake), St. Emily; Elizabeth Hoefferele, BS, MA Theology, Director of Religious Education; Cynthia Zook, BA Elementary Education, MA School Administration, Director of Schools—all with Diocese of Duluth	Lake Superior Ballroom O
97	Brain Maintenance	Kim Luedtke, PhD, Brain Wave Optimization Provider, Composed: Better Feeling Brainwaves; along with Deborah Josephson, Social Worker, Brain Wave Optimization Provider	Split Rock 1
98	Creating a Culture of Gratitude, Positivity and Happiness at Work!	Jennifer May, MA Liberal Studies, BA Political Science and International Relations, Vice President of Operations, Star Services	Split Rock 2
99	Cultural-Based Practice: Understanding the Impact of Microaggressions	Evie Campbell, MSW, Assistant Professor, University of Minnesota Duluth	St. Louis River Room

 Session II Workshops continue on next page

85 Housing Access Services*Board Room*

Housing Access Services (HAS) helps adults with disabilities move to homes of their own. Since 2009, HAS has moved 1,670-plus people to their own home using person-centered practices. You will learn about the service, hear from staff and hear individual stories of how the service continues to be successful statewide.

86 Evolving Programs for Participant Success and Sustainability*Chester Creek Room*

Community Action Duluth (CAD) has been an innovative leader to help people overcome poverty with asset development and community engagement opportunities. Recently, CAD has expanded with new programs for families: Family Night Out and Circles of Security, strengthened support for education and employment success with Connect Forward and S.T.E.P.S. CAD has launched amazing programs: the Family Freedom School (in partnership with Duluth's black community leaders) and Bike Plus, an active transportation initiative. Learn about existing and new ways CAD can support individuals and families in their journey forward. Find out how we can work together to increase success!

87 The SBIRT Approach to Addressing Risky Substance Use*French River 1*

Substance misuse leads to financial, social, and health-related consequences impacting individuals, children, families, and communities. This workshop, designed for professionals with direct client contact, will examine the vast continuum of alcohol use and drug trends as well as signs and symptoms of substance use disorders. Participants will receive training on SBIRT—a public health approach in screening and brief interventions with individuals struggling with or at risk of developing substance use disorders, and techniques to assist individuals in making healthier choices related to risky substance use.

88 Public Assistance 101*French River 2*

Public assistance income maintenance programs offer a wide variety of services. Knowing the basics helps those in our community achieve a better understanding of what is available as well as the basic eligibility requirements.

A panel of financial assistance and child care staff from St. Louis County will share program knowledge and provide helpful insights into accessing and navigating this sometimes complex system. Income maintenance programs covered include: MN Family Investment Program, Diversionary Work Program, Supplemental Nutrition Assistance Program, MN General Assistance, health care, long-term care, county burials, group residential housing, MN Supplemental Aid, waiver services, emergency assistance, fraud prevention, and child care. (This session does not include child support.)

89 Minnesota's Transition from Restrictive Interventions to Positive Supports*Gooseberry Falls 1*

During this session, Charles Young, the Positive Supports Lead for the Minnesota Department of Human Services, will provide an overview of the requirements of the new Positive Supports Rule (MN Rule 9544) as well as discuss current trends and best practice surrounding positive supports. Minnesota's progress towards reducing the use of restrictive interventions and increasing the use of positive supports will also be discussed. Time will be available for Q&A.

90 Early Childhood and Multigenerational Mental Health*Gooseberry Falls 2*

New disciplines and treatments have developed in the field of early childhood and multigenerational mental health. Not many professionals working with infants and toddlers and their caregivers know about these resources. This presentation will describe Parent-Child Interaction Therapy, Attachment and Bio-behavioral Catch-up, Trauma-Focused Cognitive-Behavioral Therapy, Child-Parent Psychotherapy, trauma-informed treatment, Dialectical Behavior Therapy-Informed Treatment, early childhood day treatment, and introduce newer certifications such as the Certified Family Peer Specialist. Presenters will highlight important advocacy resources and experiences in accessing services. Their emphasis is on North St. Louis County access, though these resources are emerging throughout the state.

91 Addressing Parenting with Abusive and Violent Fathers*Gooseberry Falls 3*

Most traditional parenting curricula seek to get the parent to "do something different." Many traditional parenting curricula are inadequate to address the beliefs held by men who batter and abuse. These curricula often seek to get fathers to change their behaviors without addressing the underlying beliefs that support them. Addressing fatherhood with abusive and violent parents requires a process that seeks to change the underlying beliefs that justify the violent and abusive behaviors. A key method to begin this process is to look at and examine the impacts and effects of the core beliefs related to parenting.

92 The Community School Model in Duluth: The Story of Collaboration Between Schools, Community and Public Health*Lake Superior Ballroom J*

Using schools as hubs, community schools bring educators, families and community partners together to offer a range of opportunities, supports, and services to children and youth as well as their families and communities. Community schools provide expanded learning opportunities that are motivating and engaging during the school day, after school, and in the summer; offer essential health and social supports and services; and engage families and communities as assets in the lives of their children and youth. Learn about how two community school sites in Duluth are working in partnership with St. Louis County Public Health.

93 Work Ethic and Personal Responsibility*Lake Superior Ballroom K*

The Minnesota Department of Employment and Economic Development, DEED, conducted a long-term research study on the Minnesota workforce and at the top of the training needs list was work ethic. This session covers over 20 common workplace ethical violations and provides pointers on how to deal with them. Issues include stealing, time theft, excessive cell phone use, dress code, internet addiction, Facebook, Twitter, social media addiction, meeting participation, attendance and many more! This issue is getting worse throughout Minnesota — learn some practical tools to help!

94 Adolescent Development and Substance Use

Lake Superior Ballroom L

Participants will receive an overview of the process of adolescent physiological, emotional and social development. The session will primarily focus on the structure of the brain during this time period and how it impacts proper decision making. Drug trends among adolescents will also be discussed to help participants identify potential dangerous use. Participants will receive an overview of motivational interviewing and brief interventions to introduce struggling youth to the prospect of change.

95 Success Strategies: Eliminate Stress and Walk the Good Path

Lake Superior Ballroom MN

Put your purpose into practice! Drama-free communication starts with you. The way you talk to yourself directly impacts how you both behave and interact with others. Examine how your self-talk often creates more drama in your life than is necessary. The purpose of this workshop is to both introduce the basic indigenous native beliefs that will successfully lead you on the good path and offer effective success strategies to reduce stress. Learn about the seven sacred teachings and the four sacred medicines. Learn to reframe your destructive thoughts into solutions-based thinking. Control your thoughts or they will control you. Use intention to explore the different dimensions of existence and raise your awareness. Understand how thoughts affect reality and how to work through your anger, fear and stress.

96 Creating a Culture of Safety

Lake Superior Ballroom O

The dignity of every human person is at the core of Catholic moral teaching. The Diocese of Duluth is striving to cultivate

a new culture in which children and families learn, live and grow in a safe environment. As key staff members at the Diocese Duluth, we present our internal processes of our safe environment programs. We are training and screening clergy, seminary students, employee and volunteers, along with educating children and parents, in new and impactful ways. Come hear what we are doing to raise up and safeguard the dignity of every person in our communities.

97 Brain Maintenance

Split Rock 1

What have you done for your brain lately? Although we get regular oil changes for our cars, annual maintenance for our furnaces, and virus protection for our devices, most of us don't give much thought to insuring the proper functioning of the amazing organ that regulates our bodies, thinking and emotional well-being. Brain wave optimization is a tool to assist your brain in restoring balance. Side effects of optimized brain wave function may include better sleep, less anxiety, greater ability to concentrate and improved mood.

98 Creating a Culture of Gratitude, Positivity and Happiness at Work!

Split Rock 2

Creating and fostering a positive work culture with engaged employees is simply good business. Focusing attention on

workplace culture will reduce turnover costs, dissatisfaction, and burnout, while raising productivity, understanding and satisfaction. This session will focus on recent advances positive psychology and employee engagement, showing when we focus on the employee experience, everyone wins! Creating a culture of happiness, gratitude and positivity doesn't mean big money, but it can mean big changes and results. This session will give you specific activities and approaches that you can take back to your agency to help you, your team and workplace culture flourish.

99 Cultural-Based Practice: Understanding the Impact of Microaggressions

St. Louis River Room

Understanding the impact of microaggressions is important for practitioners who work with American Indians and other marginalized groups. Microaggressions can range from explicit forms of racism to subtle nuances. The burden of figuring out the meaning falls upon the victim, which is usually minimized or dismissed by others. Microaggressions can result in significant social problems. This workshop will give examples of microaggressions, explore their impact and discuss strategies for working with individuals and families.



Friday, October 14		Session III Workshops	1:30 – 3:00 p.m.
100	Conquer Your Debt: Live the Financial Life You Deserve	Darryl Dahlheimer, MSW LICSW, Program Director; along with April Sanderson, BA, Certified Financial Counselor—both with LSS Financial Counseling	Board Room
101	How Spirituality Can Inform Social Work: Broaden Your Horizons	Rev. Jasmine Phoenix, MSW, Lake Superior Interfaith Community Church	Chester Creek Room
102	Neurospirituality — How Spiritual Practices Heal the Brain	Tim Walsh, MA, LP, DPA, VP of Long Term and Mental Health Programs, MN Adult and Teen Challenge	French River 1
103	How to Test Out College (For Your Clients) Without Taking Out Student Loans	Georgia Robillard, BS Psychology, Disability Coordinator, Lake Superior College (LSC); along with Heidi Bagley, MS in Counseling, Counselor, LSC; Marie Carter-Brooks, MS Counseling, Counselor, LSC; Sherry Dalager, MA In Reading, Professional Advisor, LSC; and Jody Greniger, BS Education, Adult Education/Pathways Instructor, ISD 709, Duluth Public Schools	French River 2
104	Strategies for Effective Dementia Care Management: Key Concepts and Practical Strategies	Sara McCumber, DNP, APRN, CNP, CNS, Associate Professor, The College of St. Scholastica; along with Mary Lou Donovan, PhD, OTR/L, Owner, Positive Dementia Paths	Gooseberry Falls 1
105	Reasonable Accommodation/ Reasonable Modification	Bill Maxwell, JD, Attorney; and Gwen Updegraff, JD, Managing Attorney — both with Legal Aid Service of Northeast Minnesota; Erin Fontaine, BAS, Independent Living Program Manager; and Jason Worlie, CAPS, Access Coordinator — both with Access North	Gooseberry Falls 2
106	Breaking Through Stigma and Shame: A MOFAS Birth Mother Panel	Catie Triviski, BA, Chemical Health Program Coordinator, MOFAS; along with Carol Peterson and Tiffany Morgan, Birth Mothers, MOFAS	Gooseberry Falls 3
107	The Epidemiology of Gun Violence	The Rev. Nancy Nord Bence, MDiv, Executive Director, Protect Minnesota; along with Kenneth Bence, MBA, MHA, MEDIA, Director of Public Health at Medica, Governing Council Member and Past President of the Minnesota Public Health Association	Harborside 202
108	Working with the LGBTQ+ Community	Troy R Weber-Brown, MS, LMFT, Pride Institute	Harborside 203
109	Implications of Climate Change for Minnesota Health and Human Services	David Swenson, PhD, Psychologist, College of St. Scholastica	Harborside 204
110	Minnesota Certified Family Peer Specialist Program	Rachael Jacques, BA Community Health Education, Certified Family Peer Specialist Program Coordinator, Minnesota Association for Children's Mental Health	Harborside 205
111	Shenanigans Versus Communication: How Do We Understand Client Behavior?	Kelli Bodie-Miner, MSW, LICSW, Minnesota Sex Offender Program; Zachary Campbell, MS, LPCC, Minnesota Sex Offender Program	Harborside 301-302
112	Integrated Practice: Physical Health Goals in Mental Health Care	Tanya Line, MPS, LADC, Clinical Trainer & Research Associate, Minnesota Center for Chemical and Mental Health, University of Minnesota	Harborside 303
113	Sexual Assault Response and Survivor Support in the Twin Ports	Jennifer Baumann, AAS, Registered Nurse, Sexual Assault Nurse Examiner; along with Alisha Blazevic, RN, BA, SANE-A, Lead SANE, Em Westerlund, MA, PAVSA SANE Coordinator—all with PAVSA	Harborside 304
114	Dakota County's Re-Entry Assistance Program	Kathryn Jargo, MA Forensic Psychology, Social Worker, Dakota County Social Services; along with Rachel Bauer, BA Criminal Justice, Probation Officer, Dakota County Community Corrections; Lynn Tentis, BA Criminal Justice and Sociology, Program Coordinator, Probation Officer, Dakota County Community Corrections	Harborside 305
115	Millennial Madness: Working Effectively with the Millennial Generation	Josh Dye, Masters in Public and Nonprofit Administration, President & Founder, Convene, LLC	Lake Superior Ballroom J
116	SomaYoga to Relieve Stress and Increase Vitality	Jodi Christensen, E-Ryt 500, CYT, CSE, Yoga Therapist, Somatic Educator, Yoga North International SomaYoga Institute	Lake Superior Ballroom K

117	How Your Biography Becomes Your Biology	Roxanne Foster, Certified for ACE Interface, Director of Prevention Initiatives Northeast Minnesota, Minnesota Communities Caring For Children; along with Leanne Johnson, BA Psychology, Parent Mentor Network Coordinator,	Lake Superior Ballroom L
118	"You Can't Make Me, B!+@H!" Strategies for Working with Oppositional Youth	Maude Dornfeld, MA Sociology, Executive Director; along with Heather Brennan, LADC, Wellness Case Manager/Chemical Dependency Counselor; Jessica Mantor, BSW, Safe Harbor Program Manager—all with Life House	Lake Superior Ballroom MN
119	In Her Shoes	Vicki Flor-Behrens, DNA/Business Management, Lead Advocate/Community Outreach and Education; along with Cristina Fluegge, Advocate; Faith Rono, Advocate—all with Mid-Minnesota Women's Center	Lake Superior Ballroom O
120	Put On Your Own O2 Mask First	Ann Harrington, MA, Principal, Ann Harrington Training & Consulting	Split Rock 1
121	S.B.I.R.T. (Problem Gambling)	Sheryl Anderson, MS, BCC, ADCR-MN, MNCGC, NCGC II, Program Coordinator, Vanguard Center For Gambling Recovery, Project Turnabout	Split Rock 2
122	Making Ethical Decisions at the End of Life	Gary Boelhower, PhD, Professor of Theology and Religious Studies, The College of St. Scholastica	St. Louis River Room

Friday, October 14

Session III Workshops

1:30 – 3:00 p.m.

100 Conquer Your Debt: Live the Financial Life You Deserve

Board Room

Are you or your clients facing financial problems? Debt and financial stress can happen at all income levels. Let's make this issue talk-able, not shameful or judgmental. This session will spell out simple, useful tools to track spending, start saving, and get out of debt, including nonprofit debt management plans for credit card debt and income-based repayment for student loans. We'll also talk about safe resources to get help versus "help scams" like debt "settlement." Finally, we'll share inspiring stories of hope and overcoming debt that clients have taught us.

101 How Spirituality Can Inform Social Work: Broaden Your Horizons

Chester Creek Room

In this workshop, we will explore spirituality as a tool for enlightened social work. On a spectrum that includes quantum physics, the energy of our will and our words, as well as the Golden Rule, we will learn how to expand the positive, energetic scope of the work that we do. The session will include a time for questions and discussion, and resources for further exploration on your own.

102 Neurospirituality — How Spiritual Practices Heal the Brain

French River 1

Timothy Walsh, Vice President of Minnesota Adult And Teen Challenge, will present the latest in neurocognitive

science regarding faith, spiritual practices, the impact on the brain, body and life outcomes. Tim will also apply this research to counseling approaches and techniques.

103 How to Test Out College (For Your Clients) Without Taking Out Student Loans

French River 2

Do you have a client who is interested in college but you are unsure if they are ready? This session will discuss programs, services, resources and options available for your clients at Lake Superior College. We will discuss some "safe" options for your clients to explore college.

104 Strategies for Effective Dementia Care Management: Key Concepts and Practical Strategies

Gooseberry Falls 1

Dementia is a common challenge encountered with increasing frequency by older adults, their families and paid caregivers. Caregivers can benefit from understanding key concepts for quality care, and from developing practical skills for behavior and environment management as dementia progresses. Successful dementia care management utilizes a variety of strategies including: receiving an appropriate diagnosis, understanding stages of dementia, making sense of medication use, developing strategies to manage and respond to dementia behaviors, engaging community resources and supports, addressing advanced care planning and

health care directives, and accessing respite and support services.

105 Reasonable Accommodation/Reasonable Modification

Gooseberry Falls 2

My consumer needs a therapy dog! My consumer needs an apartment to accommodate her being in a wheelchair. Have you wondered what the laws are? Wondered what you can do? This session will introduce attendees to the definitions of reasonable accommodation and reasonable modification. You will learn the protections covered as well as practical use. Attendees will further learn how to request reasonable accommodations/modifications for those to whom they provide service as well as agencies that assist in meeting those needs in the community.

106 Breaking Through Stigma and Shame: A MOFAS Birth Mother Panel

Gooseberry Falls 3

The Birth Mothers Network is a group of women who serve as mentors to one another, and support one another in recovery. Collectively, they seek to overcome the stigma of alcoholism, addiction and FASD. They travel all over Minnesota to help educate not only on the dangers of substance abuse during pregnancy, but also on what resources and support are available to other women and their children.

★ *Session III Workshops continue on next page*

107 The Epidemiology of Gun Violence *Harborside 202*

Gun violence has reached epidemic levels in this country. In this presentation, we will explore the epidemiology of gun violence, presenting data and analysis about morbidity and mortality rates, populations at risk, infectious agents, social determinants and effective means of disease control. Participants will gain the knowledge to address gun violence as a public health problem, changing the narrative surrounding this contentious issue for the benefit of the communities they serve.

Learning objectives:

- Explore gun violence from an epidemiological perspective.
- Describe trends and data around gun violence in the context of public health.
- Discuss possible interventions to control this epidemic.

108 Working with the LGBTQ+ Community *Harborside 203*

This workshop provides health and human service practitioners with some knowledge and skills to provide better care for the LGBTQ+ population while increasing their cultural awareness. Participants will explore the impact of heterosexism and cisgender privilege while gaining insight into the lives of LGBTQ+ individuals. Information will be provided regarding terminology, the importance of pronouns and trauma-informed clinical considerations. Holistic and strengths-based approaches to increase wellness will be incorporated throughout.

109 Implications of Climate Change for Minnesota Health and Human Services *Harborside 204*

The consensus of climate scientists is that global climate change is well underway and will have dramatic and diverse impacts on earth. This program will use a systems approach to describing the interconnections of weather, ecology, economy, risk, and stress. Emphasis will be on the likely impact on physical, mental and social health in Minnesota and what providers should be aware of and discuss in the near future.

110 Minnesota Certified Family Peer Specialist Program *Harborside 205*

The Minnesota Association for Children's Mental Health (MACMH), in partnership with the Department of Human Services, has developed a Minnesota state curriculum and certification process for a new mental health workforce. This workforce will be comprised of Certified Family Peer Specialist (CFPS), according to Minnesota Statute 256b.0616, Mental Health Certified Family Peer Specialist. The focus of the CFPS Program is to provide peer lead support to Minnesota families that have a child with a mental health diagnosis. Workshop participants will gain knowledge of the CFPS certification process and developments of peer lead support in Minnesota.

111 Shenanigans Versus Communication: How Do We Understand Client Behavior? *Harborside 301-302*

Our clients have a unique way of expressing their needs. Sometimes it is hard to decipher whether a client is trying to tell you something or they have ulterior motives. Regardless, manipulation is ultimately our perception on how we perceive client behavior. Just because we label behavior as manipulation that does not mean that's what it is. By labeling client behavior as manipulation we limit ourselves as we don't explore more the function of their behavior. This workshop will prepare you with the tools to be more successful in your career. We will discuss how to assertively handle situations while promoting and continuing a therapeutic relationship.

112 Integrated Practice: Physical Health Goals in Mental Health Care *Harborside 303*

This workshop explores the connection between goals and client outcomes in the context of integrated illness management and recovery (I-IMR). Physical health problems contribute significantly to high mortality rates among people with serious mental illness and I-IMR was developed to reduce these rates. We will begin by reviewing the evidence supporting goal achievement and improved clinical outcomes. We will then put research into practice by applying skills. Learn the

components of client-driven goal setting and practice these skills by setting a physical health goal in session. We will be working in small groups using role-plays, so come prepared for fun!

113 Sexual Assault Response and Survivor Support in the Twin Ports *Harborside 304*

Duluth MN supports a community-based Sexual Assault Nurse Examiner program through the area's sexual assault agency, PAVSA (Program for Aid to Victims of Sexual Assault). They are the front lines in supporting survivors on their roads through the healing process following sexual assault. SANEs and advocates together working through PAVSA provide a holistic encompassing approach towards empowering victims through medical, legal, and emotional, supportive services serving a diverse population of survivors. The evidence-based practice protocols and team collaboration with local officials has been called "critical and crucial" to support victims of sexual victims in our local area.

114 Dakota County's Re-Entry Assistance Program *Harborside 305*

Dakota County's Re-Entry Assistance Program works with individuals exiting prison or jail. We utilize a team approach to help participants meet basic needs, access a variety of resources, connect them with mental health, chemical health, financial and medical services and provide positive support. This presentation will provide a brief background of our program, how far we've come and our plans for the future. We will also present our processes, the barriers we've experienced and some of our successes.

115 Millennial Madness: Working Effectively with the Millennial Generation *Lake Superior Ballroom J*

Selfies, social media, and sharing (bikes, cars, and more!) are hallmarks of the millennial generation, the largest generation in U.S. history. "Selfish" and "sense of entitlement" are words some have used when working this group. If working with millennials was a Facebook relationship status, it would be "complicated." Factors including workplace culture, training, talent, motivation, personal life issues

and more all contribute to the working relationships. In this session you will learn how to move Millennials from “complicated” to “engaged!”

116 SomaYoga to Relieve Stress and Increase Vitality

Lake Superior Ballroom K

Performing a job that serves others meaningfully can be incredibly stressful and to stay healthy requires caring for your body and mind. In our experiential time together, you will learn practical tools to gain greater access to your parasympathetic (rest and relax) nervous system which will support you in having more ease, clarity and energy throughout the day. You will also be guided through seated SomaYoga movements to relieve tension in the body—you’ll feel better, more relaxed and refreshed.

117 How Your Biography Becomes Your Biology

Lake Superior Ballroom L

This workshop will explore the science and historical trauma of early childhood experiences. Science such as ACEs has discovered that childhood trauma leads to lifelong struggles with emotional, spiritual and physical health. We will look through a lens of multiple world views as we share different cultural/ethnic experiences that impact families and communities differently.

118 “You Can’t Make Me, B!+@H!” Strategies for Working with Oppositional Youth

Lake Superior Ballroom MN

This workshop is designed for professionals who work with challenging youth. Standard disciplinary methods rely upon punishments and rewards, and typically tie the gain or loss of privileges to compliance with program rules. Current research increasingly indicates that, far from resolving behavior problems, this approach often exacerbates them. The workshop will provide tried-and-true techniques for managing defiance and noncompliance without the use of physical restraints, punishments, shaming or expulsion. Attendees will learn how to get buy-in and build relationships with distrustful youth. The presenters will share concrete examples drawn from decades of combined experience.

119 In Her Shoes

Lake Superior Ballroom O

In Her Shoes is an activity that was developed to help participants better understand what it is like to be in the shoes of an individual who has experienced domestic violence. The scenarios are based on true stories. Participants will leave this activity with a better understanding of why she/he may not leave the first time and the struggles that they may face with the choices that they are required to make.

120 Put On Your Own O2 Mask First

Split Rock 1

Whether traveling on an airplane or navigating through a challenging conversation or conflict, we need to take care of our own “self-awareness oxygen” first. This session will offer participants the opportunity to learn and apply a key communication skill that has the potential to positively impact any interaction. Instead of avoiding conflict or getting stuck in it, we can learn to lead through it.

121 S.B.I.R.T. (Problem Gambling)

Split Rock 2

Forty-nine percent of NESARC respondents with a history of problem gambling received treatment for mental health or substance problem—of these respondents, none received treatment for gambling problems. NCS-R findings highlight the need to expand identification of disordered gamblers and to reduce or remove barriers to seeking and receiving treatment for gambling problems. Moreover, the routine screening of a gambling problem among individuals with substance use disorders, other mental disorders and other at-risk groups is also supported by this study as well the NESARC (National Epidemiologic Survey on Alcohol and Related Conditions), which concluded that screening for gambling should be considered for individuals seeking treatment for other psychiatric disorders in view of the high rate of comorbidity with other mental disorders (Petty, Stinson and Grant, 2005).

122 Making Ethical Decisions at the End of Life

St. Louis River Room

This workshop will explore case studies in ethical decision-making at the end of life. Key theoretical perspectives, such as consequentialism, rights theory and distributive justice will be discussed and applied. Two comprehensive models for responsible decision-making will be presented and their implications explored.

Helping to make this conference possible are the following **co-sponsors:**

- * Accend Services
- * Access North Center for Independent Living
- * Accurate Home Care
- * ActivStyle
- * BlueCross BlueShield of Minnesota and Blue Plus
- * Carefree Assisted Living and Memory Care
- * Carlton County Public Health and Human Services
- * Carlton-Cook-Lake-St. Louis Community Health Board
- * Center for Alcohol & Drug Treatment
- * Disability Benefits 101 / Housing Benefits 101
- * Disability Specialists
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- * Minnesota Department of Human Services, Children's Mental Health Division
- * Minnesota Social Service Association
- * MN Adult & Teen Challenge
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- * Northstar Problem Gambling Alliance
- * NHS-Northstar Specialized Services
- * Northwood Children's Services
- * Nystrom & Associates, Ltd
- * Option Care Home Infusion
- * PAL Medical Systems
- * Part-Time MSW Program, UW-Madison School of Social Work
- * Pinnacle Services and Summit Fiscal Agency
- * Planned Parenthood of Minnesota, North Dakota, South Dakota
- * PORT Group Homes
- * Prairie St. John's
- * Premier Biotech Labs, LLC
- * Provide Care Inc
- * Range Mental Health Center
- * Residential Services, Inc. (RSI)
- * Riverplace Counseling Center
- * Saint Scholastica Monastery
- * Sand Creek Group
- * St. Catherine University - University of St. Thomas School of Social Work
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- * St. Louis County Public Health & Human Services
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- * STAR Services
- * The College of St. Scholastica Department of Social Work
- * The Guidance Group
- * The Salvation Army
- * UCare
- * Udac, Inc.
- * University of Minnesota Duluth, Department of Social Work
- * Wing House
- * WINGS
- * Wisconsin Indianhead Technical College

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PAYMENT:**NEW:** Register online now with credit card, e-check, p-card or mail your check. Make your check payable to:
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MORE INFORMATION?

- Deadline to request accommodations (interpretive services, hearing assistive technologies or other services): September 3, 2016.
- No registration refunds after Friday, September 16, 2016.
- Participants are free to attend the institutes and workshops of their choice throughout the conference.
- Registration is accepted at the door; however, expect delays if paying with credit card or p-card. Pre-registration is appreciated!
- Cash or checks will also be accepted at the door.

**Registration Fee****\$50** whether attending one or both days.**\$40** registration fee for students or seniors (62+) whether attending one or both days.**\$25** for St. Louis County Foster Care Parent whether attending one or both days.For registration and accounting questions, call Cori Helget at: **218-733-2722**, or email: **helgetc@stlouiscountymn.gov****Conference Contact/Questions****Mary Bridget Lawson**

HHSC Chair

Call: (218) 726-2140

lawsonm@stlouiscountymn.gov**Hotels**

When calling for hotel reservations, please mention "St. Louis County Human Service Conference Rate" (must be made by September 12, 2016).

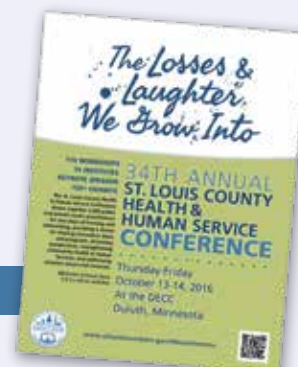
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